

WEALTH ACCUMULATION



by Peter Hobb

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In my profession I get a lot of questions about strategies for accumulating wealth. The best advice I can provide is that you should start early and have a goal in mind. As your situation changes you can adjust your goal but you need to start with a goal. A goal is a benchmark that you can measure your progress against. As you progress

towards your goal, this will provide motivation for you to keep going and keep saving.

When you start out in your career it is very easy to put off saving for the future. You can barely meet your current needs. How could anyone in this position with significant financial commitments start putting money away for the future? Guess what! For most of us, as we get older, those financial commitments don't go away. In fact they normally grow. Where the money is going could be different (e.g. university education for your kids, a cottage and so on) but the financial commitments remain. You can always find a reason to put off saving.

We have all heard about the magic of compounding. It is not magic, but it does have a significant impact on the growth of your investments. If your investments are compounding annually the amount you make in year one is reinvested for year two, so in year two you are making money on the money you made in year one. In year three you will make money on the compounded return you made in year two plus the money you made in year

one and so on. It is a much easier way to make money than working! The effects of compounding can be dramatic. This is why investment advisors tell you to put money into your Registered Retirement Savings Plan at the beginning of the year rather than at the deadline. You miss out on fourteen months of compounding if you wait until the deadline.

The size of the amount you invest is not what is important. What is important is that you are putting money away. If you are not setting money aside for the future I would recommend you start by making monthly contributions to your investment account. The best way to determine the amount you can afford is to prepare a budget. What is the amount of the monthly income you will have coming in and what are your monthly expenditures. There are software programs available to help you do this. Build into your expenditures the amount you will be investing. This should be at the top of the list. If you make it a priority it will likely happen. You should track monthly what you are spending your money on and compare this information to your budget. My guess is you will be surprised at the amount of money you are spending that you likely don't have to spend. If you can eliminate some of these expenditures you will make more money available for the expenditures that are really important. Budgeting will help you become more disciplined in how you manage your money.

One area of money leakage for many people is their use of credit cards. It is too easy to pull out your credit card to make an unplanned purchase. When we make such a purchase it is the emotional part of our brain that dominates. After we make the purchase we use rational thought to justify what we did. We are all wired this way. With credit cards you only have to pay the mini-

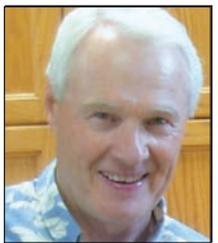
mum payment each month. Unfortunately, if you do this, any balance remaining accumulates interest. The rate of interest charged on many credit cards is very high (e.g. 19%). Obviously you are best to pay off any balance outstanding each month. However, if the emotional decision caused you to purchase something you couldn't afford in the first place, this may not be possible. This is another area where budgeting can help. Build into your budget an amount for discretionary expenditures and limit yourself to this amount.

Another idea that you might use to control your spending is to carry a set amount of cash with you each week. Like a credit card, if you are carrying a large amount of cash, it is too easy to spend. This normally will lead to unwanted spending and spending that you cannot account for. Estimate the amount of cash that you will need each week. At the beginning of each week this is the amount you put in your wallet. You may be surprised at the impact that this will have on your spending habits.

You should also speak to your investment advisor about preparing a financial plan. The starting point for a financial plan is your personal financial goals. The plan would summarize your current situation (e.g. income, expenditures and net worth) and what needs to happen for you to reach your financial goals. The plan should not be static. It should be updated each year so you can see whether you are on track.

I only touched on a few strategies that you might use to grow your net worth. There are many others. Any book on the subject will give you some good ideas. The objective, if you have not already done so, is to start saving. The earlier the better but it is never too late!

DOORS OPEN 2019 COMES TO THE BOWMANVILLE AREA



by Myno Van Dyke

NEWCASTLE HISTORICAL SOCIETY

Co-Chairs Marilyn Morawetz and Bernice Norton are excited about this year's Doors Open Clarington which will be held on Saturday, June 8th from 10 a.m. to 4:00 pm. Not only are they celebrating its 10th year, they have chosen an agricultural heritage and agribusiness themed tour for 2019.

There are 14 locations open to the public, most are located east of Bowmanville. See locations on map (page 5).

Bernice Norton says; "we have sort of had this type of tour in mind for years and as we were returning to Bowmanville in 2019, it worked out".

The Municipality of Clarington has about 400 working family owned farms making agriculture one of our most important economic drivers.

According to Marilyn Morawetz; "I think that this tour offers such variety that it will appeal to many people from all backgrounds and provides good opportunities for education and understanding. The farms that are participating are key to our local economy and at such a busy time of year, it's great for them to help us out".

Here is a quick overview of some the great locations



Bernice Norton (L) and Marilyn Morawetz (R) invite you to visit the many agricultural sites that are open to the public on Saturday June 8. See more details at www.doorsopenclarington.com (photo by Nigel Klemencic-Pugli)

on this year's tour.

Link Greenhouses at 3990 Bragg Road is "the little greenhouse that grew". This family run operation was established in 1992 by Henk and Lisa Mulders. They grow over 20,000 tomato and 5000 cucumber plants a year.

One Life Farm at 2899 Taunton Road is a Certified Organic Farm growing a wide assortment of vegetables and fruit without chemicals, pesticides or fungicides. They also have organic pastured chickens, eggs and other organic products.

Mostert Greenhouses located at 1489 Lambs Road is also a family greenhouse business that began by growing cut roses in 1979. Their growing season runs from April to December so you will get to see their beautiful roses.



Algoma Apple Processing Plant

Algoma Orchards located at 201 Regional Road 42 has two exciting venues to share. They have an orchard tour which shows the many different kinds of apples

Continued on Page 4



Wanted – Farm Land & Rural Properties

WHERE: I have qualified buyers looking to buy vacant land, operating farms & hobby farms in all areas of Durham, primarily Clarington.

PRICE: To be negotiated

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Not intended to solicit clients currently under contract with a Brokerage.



Stone Hollow – Century Home (circa 1840) and Gardens.

Visser's Sod Farm- at 2517 Durham Road 42 is another family owned and operated business that has been producing quality sod since 1988. Located on over 700 acres, you will learn about their irrigation systems and equipment required to produce quality sod.



The tour also includes a wonderful old home called **Stone Hollow**, which is located at 4667 Bethesda Road. You will love this 1840's century home and gardens. The stone walls are 25 inches thick and you will see the original timbers and impressive restoration work.

Ceresmore Farms at 3059 Highway 2 has been in the Rickard family since 1866. Many will remember this as the farm of our former Mayor Garnet Rickard. The 1200 acre cash crop farm is

now owned operated by his sons Donald and Jim Rickard. You will see the historic home and barn as well as their seed cleaning operation.

Gibson Century Home is located at 3238 Concession Road 3 in Newcastle (east of Reg. 42). The house was built around 1834 and some of the original furniture brought over from Ireland is still in house today. The Gibson family has been growing apples continuously since the late 1890's.

The Lane Family Farm at 3103 Concession Road East Bowmanville has a house built in 1906 by George and Gertrude (nee Crago) Lane. The house has been recently renovated and retains the original wood trim and pocket doors. The gardens are "lovely".

The Selby Farm is located at 3130 Pollard Road in Newcastle. The Selby family have two farm operations, Newcastle Grain Elevator and Selby Farms. They operate a drying elevator and storage facility as well as growing and producing corn, soybeans and wheat.

Clarington Doors Open is possible, free of charge, because of the incredible partners, participants and volunteers. By the way, they are looking for more volunteers to assist at the various locations. For more information visit www.doorsopenclarington.com or email DOClarington@gmail.com.

So, mark your calendar for June 8th, come and "Unlock Your History" and enjoy this wonderful event in Clarington. See next page for the location of all of these Doors Open sites. See location map on page 5 www.DoorsOpenClarington.com.

DOORS OPEN 2019 COMES TO THE BOWMANVILLE AREA

Continued from Page 2



Benrise Farms - Dairy Operation

and their state of the art planting systems. Their orchards produce over 750,000 bushels of apples annually.

Algoma Processing Plant and Country Market - see how they package apples for 12 month of the year for distribution to stores all across Canada. The facility also produces up to 9

million litres of fresh cider a year.

Benrise Farms at 4666 Mearns Avenue has been owned by the Benschop Family for over 70 years. This 3rd generation dairy farm has 250 registered Holstein cows and you will get to see how 100 cows can be milked and housed.

Providence Cemetery at the corner of Bragg Road and Concession 3 is a quiet rural cemetery with an amazing history. The earliest grave is Elizabeth Ann Bragg who died in 1846 and the last person to be buried there is Rebecca (Werry) Peardon in 1919.

Rekkers Greenhouses, are located at 3104 Concession Road 4. Rekkers have been in business in Clarington for over 50 years. At this new location north of Bowmanville you can get a guided tour of their new modern greenhouse development that serves their wholesale customers.



Mostert Greenhouses - Lambs Road North of Hwy 2.



HOME COOKING *with Cathy*

Hello there. This recipe was given to me by my neighbour and friend. I tried it today and it is delicious!

It is from a cook book called "BUTTER CELEBRATES" by Rose Daykin. I hope you enjoy!

by Cathy Abernethy

CLARINGTON PROMOTER CONTRIBUTOR



Rhubarb Bars

- 4 cups of rhubarb, fresh or frozen, cut into 1/2 inch pieces
- 1 cup granulated sugar
- 1 Tbsp. cornstarch
- 1 teaspoon pure vanilla
- 1 cup butter, room temperature
- 1 cup dark brown sugar
- 2 cups all-purpose flour
- 1 cup large-flake rolled oats
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt

1. Preheat oven to 350 F.
2. Line a 9x9 inch baking pan, buttered and lined with parchment paper.
3. In a medium pot over medium heat, combine the rhubarb and granulated sugar. Cook, stirring occasionally, until the rhubarb has broken down into a chunky jam. This should take about 15- 20 minutes. Turn down the heat to low. Place a couple of tablespoons of the hot rhubarb mixture in a small bowl with the cornstarch and stir to combine, making sure there are no lumps of cornstarch.

- Add the cornstarch mixture back in with the rest of the rhubarb, stirring to combine. Boil gently until thickened. Remove from heat and set aside.
4. When the rhubarb has cooled slightly, add the vanilla and stir to combine. Set aside.
 5. In a stand mixer fitted with a paddle attachment, cream the butter and brown sugar until light and fluffy. Scrape down the sides of the bowl.
 6. Add the flour, oats, baking powder, baking soda and salt and combine on medium speed until well combined.
 7. Divide the dough into two and press half into the prepared pan firmly and evenly. Spread the rhubarb mixture evenly across the bottom. Crumble the remaining half of the dough across the top of the rhubarb.
 8. Bake for 30-35 minutes or until the top layer is a lovely golden brown.
 9. Remove the pan from the oven and allow the rhubarb to cool completely in the pan before cutting into 16 bars.
 10. Enjoy!

Meet your MP

Erin O'Toole

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- ✓ Low Taxes for Families & Seniors
- ✓ Strong Private Sector Job Growth
- ✓ Safe Communities
- ✓ Accountable Government

A strong local and national voice that is **Accountable, Accessible & Professional.**

Check in with me for information about my upcoming Town Hall meeting in the fall.



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BRAIN INJURY AWARENESS

by Ron Strike
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Each June, Canadian brain injury advocacy groups, healthcare professionals, and lawyers specializing in assisting brain injury victims recognize Brain Injury Awareness Month, which aims to raise awareness of the prevalence and severity of this common affliction.

I am frequently shocked at the number of clients I see that have been in serious accidents and the medical system has failed to diagnose and treat brain injuries such as those associated with a

concussion. Family members become aware that the behaviour of a loved one has changed but do not have the knowledge to associate it with a brain injury. Our goal is to increase public awareness of this problem so more people do not have to suffer through this "hidden injury" on an unrecognized and untreated basis.

These injuries can impair cognitive, emotional, behavioural and physical abilities, and can result in significant social, emotional, and economic damages to the victim and their family, friends, and caregivers.

Brain injuries can happen to anyone and occur at almost any time. Common causes include car accidents, (which account for more than half of all brain injuries), sports injuries, violence or domestic violence, falls or cycling accidents, and medical events such as strokes, tumors or aneurysms.

Today, there is no "cure" for brain injuries. Medications and therapies can improve the lives of injury victims, but cannot reverse the effects. Brain injury lawyers often play an important role in helping victims access the services and compensation they need to expedite their recovery.

Each year, approximately 50,000 Canadians sustain brain injuries. The incidence of traumatic brain injury is greater than many other well recognized health issues.

Brain injuries among young people are particularly common. Approximately 30 per cent of traumatic brain injuries are incurred by children and youth, often through participation in sports and recreational activities. Additionally, around 50 per cent of all injury deaths in children and youth are a result of blows to the head.

The effects of brain injuries vary greatly depending on who has suffered it, how severe it was, and what level of treatment they have been able to secure. While a severe brain injury can immediately render a person severely disabled, the impacts of milder injuries may not surface for several years. Many professional athletes have reported memory loss, depression, and violent mood swings as a result of sustaining and playing through multiple mild brain injuries.

Brain injuries are a serious, common health issue in Canadian society. This June, if you suspect someone you know may be suffering from the lingering effects of a concussion make the effort to get them to be assessed by their family doctor or if they do not have a family doctor, at a walk in clinic. Let's work together to increase awareness and improve the resources available to brain injury victims in Ontario.



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